

WORDS OF DHARMA: Sacred Utterances in Theravada Buddhism

HOMAGE (*Vandana*):

3 times: Namo Tassa Bhagavato Arahato Samma Sambuddhassa

3 times: Homage to him, the Blessed One, the Worthy One, the Fully Enlightened One.

THE THREE REFUGES (*Ti-sarana*):

Buddham saranam gacchāmi	I go for refuge to the Buddha
Dhammam saranam gacchāmi	I go for refuge to the Dhamma
Sangham saranam gacchāmi	I go for refuge to the Sangha
Dutiyampi Buddham saranam gacchāmi	For a second time, I go for refuge to the Buddha
Dutiyampi Dhammam saranam gacchāmi	For a second time, I go for refuge to the Dhamma
Dutiyampi Sangham saranam gacchāmi	For a second time, I go for refuge to the Sangha
Tatiyampi Buddham saranam gacchāmi	For a third time, I go for refuge to the Buddha
Tatiyampi Dhammam saranam gacchāmi	For a third time, I go for refuge to the Dhamma
Tatiyampi Sangham saranam gacchāmi	For a third time, I go for refuge to the Sangha

THE FIVE PRECEPTS

Pānāti-pātā veramani sikkhā padam samādiyāmi
 Adinnā-dānā veramani sikkhā padam samādiyāmi
 Kāmesu micchā cārā veramani sikkhā padam samādiyāmi
 Musāvādā veramani sikkhā padam samādiyāmi
 Surā meraya-majja-pamādatthānā veramani sikkhā padam samādiyāmi

I undertake the training precept to refrain from destroying living creatures.

I undertake the training precept to refrain from taking things not given.

I undertake the training precept to refrain from sexual misconduct.

I undertake the training precept to refrain from false speech.

I undertake the training precept to refrain from alcohol and drugs that lead to carelessness.

Statement of aspiration on taking the precepts:

These Five Precepts

Have virtue as a vehicle for happiness

Have virtue as a vehicle for good fortune

Have virtue as a vehicle for liberation.

May Virtue therefore be purified.

Blessing

May there be every good blessing.

May the heavenly beings protect you.

Through the power of all the Buddhas,

May you always be well.

May there be every good blessing.

May the heavenly beings protect you.

Through the power of the Dharma,

May you always be well.

May there be every good blessing.

May the heavenly beings protect you.

Through the power of the Sangha,

May you always be well.

ASPIRATIONS (*Patthanā*)

1.

By the grace of this merit

May I follow the wise and

Never the foolish;

Until I attain Nibbana.

2.

Having compared oneself with others,

And realizing everyone desires happiness,

May one practice loving-kindness

Toward all beings.

May I be free from sorrow and always be happy.

May those who desire my welfare,
Those who are indifferent towards me
And those who hate me,
Also be happy.
May all beings who live here and elsewhere
Be happy.
May all beings be happy and achieve the highest happiness.

3.
Through the power and radiance of the Triple Gem,
May suffering, disease, danger, hostility,
Sorrow, misfortune, and all obstacles
Vanish without a trace.
May there be triumph, success, wealth, gain,
Safety, luck, happiness, strength,
Long life, beauty and Awakening.

DISCOURSE ON LOVING-KINDNESS (Metta Sutta):

This is what should be done by those who are wise in goodness,
And who know the path of peace:
Let them be able and upright,
Straightforward and gentle in speech.
Humble and not conceited,
Contented and easily satisfied.
Unburdened with duties and frugal in their ways.
Peaceful and calm, and wise and skillful,
Not proud and demanding in nature.
Let them not do the slightest thing
That the wise would later reprove.
Wishing: In gladness and in safety,
May all beings be at ease.
Whatever living beings there may be;
Whether they are weak or strong, omitting none,
The great or the mighty, medium, short or small,
The seen and the unseen, those living near and far away,
Those born and to-be-born, may all beings be at ease!
Let none deceive another, or despise any being in any state.
Let none through anger or ill-will
Wish harm upon another.
Even as a mother protects with her life
Her child, her only child,

So with a boundless heart
Should one cherish all living beings:
Radiating kindness over the entire world
Spreading upwards to the skies,
And downwards to the depths;
Outwards and unbounded,
Freed from hatred and ill-will.
Whether standing or walking, seated or lying down
Free from drowsiness,
One should sustain this recollection.
This is said to be the sublime abiding.
By not holding to fixed views,
The pure-hearted one, having clarity of vision,
Being freed from all sense desires,
Is not born again into this world.

FORGIVENESS (*Kamatha*):

May the Triple Gem forgive me (us/you) for any wrong I (we/you) have done out of carelessness in thought, word, or deed.
May others forgive me (us/you) for any wrong I (we/you) have done out of carelessness in thought, word, or deed.
I forgive you, may you also forgive me.

SHARING OF BLESSINGS:

Through the goodness that arises from my (your) practice,
May my spiritual teachers and guides of great virtue,
My mother, my father, and my relatives,
The Sun and the Moon, and all virtuous leaders of the world –
May the highest gods and evil forces;
Celestial beings, guardian spirits of the Earth and the Lord of Death;
May those who are friendly, indifferent or hostile;
May all beings receive the blessings of my life.
May they soon attain the threefold bliss and realize the Deathless.
Through the goodness that arises from my practice,
And through this act of sharing,
May all desires and attachments,
And all harmful states of mind
Quickly cease.

Until I realize Nibbana,
In every kind of birth, may I have an upright mind
With mindfulness and wisdom, austerity and vigour.
May the forces of delusion not take hold nor weaken my resolve.
The Buddha is my excellent refuge,
Unsurpassed is the protection of the Dhamma,
The Buddha is my noble Lord,
The Sangha is my supreme support.
Through the supreme power of all these,
May darkness and delusion be dispelled.

PROTECTION (*Paritta*)

By the power of all the Buddhas, the Arahants, and the Dharma
May I secure my (your/our) protection in every way.
May all misfortune be warded off,
May all ailments cease;
May no calamities befall me (you);
May I (you) live long in peace.
May all blessing be upon me (you).
May all devas protect me (you).
By the protective power of all
 The Buddha may safety ever be mine (yours).
May those who are in misery
Be free from misery;
Let those who are in fear, agony or insecurity
Be free from fear, agony, and insecurity.
Let those who are in sorrow
Be free from sorrow.
May they all live in peace and safety.

DEDICATION OF MERIT:

May all beings – without limit, without end –
Have a share in the merit just now made,
And in whatever other merit I (you/we) have made.

If

 My mother, father, those who have been dear and kind to me,
 Those I have seen or never seen,
 Those who are neutral or hostile to me,
Know of this dedication of merit,
May they themselves rejoice.
And if they do not know,

May the devas inform them.
Through their rejoicing in my gift of merit,
May all beings always live happily,
Free from animosity.
May they attain the Serene State
And their radiant hopes be fulfilled.

DHARMA VERSE (often chanted at funerals and memorials):

Aniccā vata sankhārā	Impermanent are all formations,
Uppāda vaya dhammino	They have the nature to arise and pass away.
Uppajjitvā nirujjhanti	Having arisen, they cease,
Tesam vupasamo sukho.	Their subsiding is Happiness.

MEAL REFLECTION:

With wise reflection I eat this food.
Not for play, not for intoxication,
Not for indulgence, not for beautification,
But only to maintain this body,
To stay alive and healthy,
To support the spiritual life.
Thus, I let go of unpleasant feelings
And do not stir up new ones.
Thereby the process of life goes on,
Blameless, at ease, and in peace.

BLESSING

May there be every good blessing.
May the heavenly beings protect you.
Through the power of all the Buddhas,
May you always be well.

May there be every good blessing.
May the heavenly beings protect you.
Through the power of the Dharma,
May you always be well.

May there be every good blessing.
May the heavenly beings protect you.
Through the power of the Sangha,

May you always be well.